Buddy Band

Bluetooth™ 4.0

1ST CATEGORY : PROMISE eHealth Solution EU SME Competition 2014

Activ8rlives

Activity and health tracker

Works with: iOS 7.1 and above (iPhone 4s or later & iPad 3 or later) and select Android devices running Android 4.3 and above.

www.activ8rlives.com

Activ8rlives

We are a healthcare company. Our mission is to empower you to take care of your health and that of your family by self-management through self-monitoring.

From tracking levels of physical activity, weight, food intake, cardiovascular and lung function, to a new generation of at-home testing for long-term lung disease, we provide the devices and web-based tools to help you be active, eat well and stay healthy. Learn more at **www.activ8rlives.com**

Summary: **Activ8rlives** *BuddyBand* Bluetooth 4.0 Activity Tracker

Please read this manual carefully before you use your new device so that you do not injure yourself or others, or cause damage to your new device through improper use.

The **Activ8rlives** *BuddyBand* is a wearable wristband with integrated Bluetooth 4.0, 3D Sensor, upgradable firmware, with data upload to a FREE Smartphone App via Bluetooth 4.0 or USB to your PC (Windows or OSX). The *BuddyBand* allows you to track your activity levels and energy expenditure — especially useful as part of an exercise schedule or weight loss programme. It uploads information to your private personal account at **Activ8rlives** so that you can learn to manage your health and wellbeing and better support your family and friends with theirs. You can stay committed to your goals by forming groups with other members of your family, club, school or by joining our online communities. By working together in groups, we are more successful in achieving our health goals. **Activ8rlives** is designed to help you achieve this.

The **Activ8rlives** *BuddyBand* is made from a comfortable adjustable strap to fit all sized wrists, comes with 3 interchangeable bands in Black, Blue and Pink. The *BuddyBand* may not be suitable for people who have skin sensitivity to synthetic materials. The *BuddyBand* does a lot more than just count your steps — it helps you understand how your activity changes throughout your week. It measures your activity, calculates your energy expended in calories, the distance you have walked or run is displayed on the website and intensity of the activity.

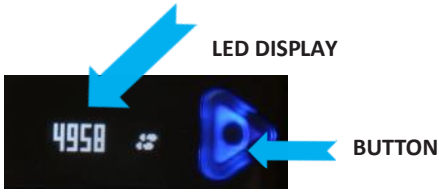
Eating well can also be achieved through self-monitoring using our Food Diary. Included is a FREE Smartphone App (iOS 7.1 or above and selected Android 4.3 or above devices), which also tracks your food intake via our photo-based Food Diary and these images are sent directly to your **Activ8rlives** account. Your activity, body composition (from the *Body Analyser* Bluetooth 4.0 or USB) and food intake are viewed on a single page. Talk about cause and effect - very powerful.

Being active, eating well and staying healthy is about making small changes to our lives. Being active is one of these challenges and **Activ8rlives** helps you to make simple changes, which you can fit into your already busy daily schedule to stay healthy.

Our goal is to provide YOU with the tools (and teach you how to use them) so that you can keep healthy and well. Self-management through self-monitoring is the motivation driving what we do.

Parts to your *BuddyBand*

Your **Activ8rlives** *BuddyBand* has four parts: the **LED DISPLAY**, the **BUTTON** LED which flickers with 3 different coloured lights, the **USB** connector, which is used to connect to your computer if you do not have Bluetooth 4.0 on your Smartphone and the **WRISTBAND**, with 3 interchangeable bands in black, blue and pink.



Assembling and Disassembling your *BuddyBand*

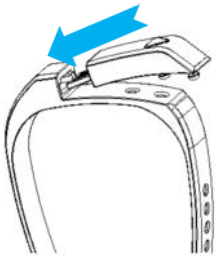


Figure 1

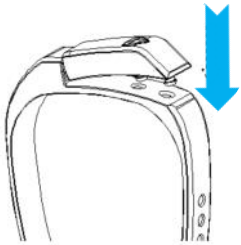


Figure 2

To assemble the *BuddyBand* insert the USB unit in the direction of the arrows onto the wristband (Figure 1). Press down the USB device to lock it onto the wristband (Figure 2).

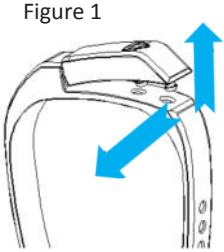


Figure 3

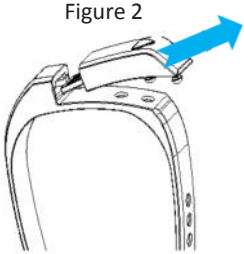


Figure 4

To disassemble the *BuddyBand* bend the wristband in the direction of the arrows (Figure 3). Take out the USB device in the direction of the arrows (Figure 4).

1

Charging and Battery Care

Your *BuddyBand* contains a 40mAh Lithium rechargeable battery.

Charging your **Activ8rlives** *BuddyBand* on the first occasion will require 1 hour, and subsequent charging will take 15 minutes to fully charge in a PC USB port. It will vibrate and/or flash with a blue light once it is fully charged. It may also be charged using a USB charger of good quality, with specification of 5V—300mA.

The battery icon appears on the **LED DISPLAY** when recharging is needed.

You will need to charge the *BuddyBand* every 3 days, depending on your activity intensity levels and whether you display the LED lights associated with the intensity of activity. To conserve battery power, double click the **BUTTON** and it will turn off this function temporarily. After charging the **BUTTON** will again strobe with the activity intensity, so you may want to turn it off again after charging.

Note: Do not tamper or attempt to open the unit in which the battery is housed, your warranty will be invalidated. Substances contained within the battery may damage the environment or human health if handled and thus is a risk of electrical shock or burns. When disposing of this product, ensure that it is collected separately for special treatment and not as normal household waste.

2

Two ways to set-up your Activ8rlives *BuddyBand*

Smartphone or Tablet via Bluetooth 4.0 connection

Windows or OSX Computer via USB connection

2

Set-up for Smartphones and Tablets via Bluetooth 4.0

Bluetooth™ 4.0

2

Installing the FREE Activ8rlives App on your Smartphone or Tablet (requires Bluetooth 4.0 enabled device)

The *BuddyBand* uploads and downloads information directly from your **Activ8rlives** account every time your Smartphone connects the *BuddyBand* via Bluetooth 4.0 using the **Activ8rlives** App open on your Smartphone or Bluetooth 4.0 enabled Tablet.

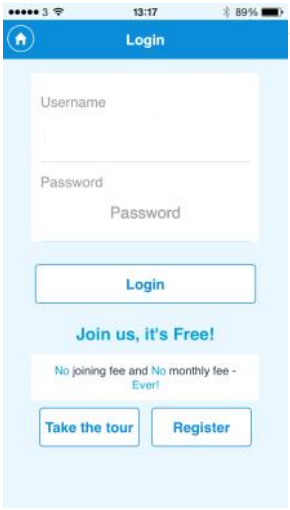
Download the FREE **Activ8rlives** Smartphone App the App Store appropriate to your device. Search for **Activ8rlives.**

iOS 7.1 or higher and iPhone (4s or later) and iPad (3 or later). Earlier versions do not support Bluetooth 4.0.

Select Android devices running the Android 4.3 or later. Devices must support Bluetooth 4.0. See our website for a list of supported Android Smartphones and Tablets.

Download the FREE **Activ8rlives** Smartphone App by scanning this QR code, navigating to the bottom of the first page and selecting the App Store appropriate to your device.

3



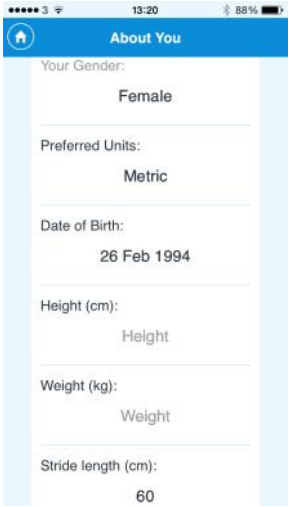
Register for your FREE Activ8rlives Account

Once you have installed the **Activ8rlives** App, open the App making sure your Smartphone and/or Tablet is connected to the internet with **Bluetooth 4.0 switched on.**

If you have previously registered, you can **Login** to your **Activ8rlives** account. Click the **Login** icon.

If you have not previously Registered for your FREE **Activ8rlives** account, then click the **Register** icon at the bottom right-hand corner of the App screen.

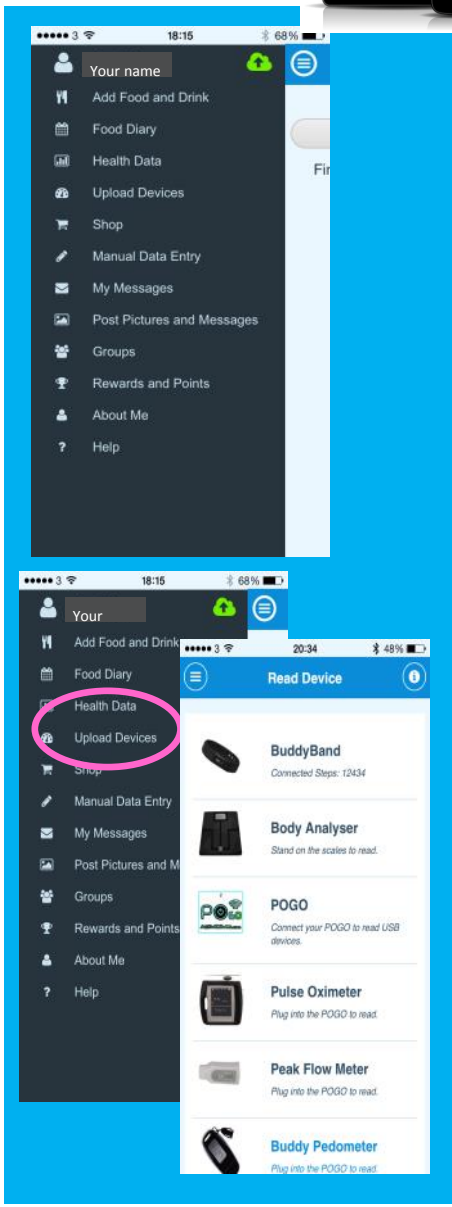
Completing your Registration



To complete the Registration for your FREE **Activ8rlives** Account, add the correct details for yourself by following the instructions on the App and selecting **Next** at the top of each page.

As you complete the information, your **Activ8rlives** account begins to learn more about you and your health. These data are used to help you with your self-management through self-monitoring. You can always edit these data later if you make an error but please try to be accurate in entering your weight, height and age. These are important data. A conversion chart to assist you can be found on our website under the **Information** tab in the top menu. Remember your email and password details associated with your account and keep these safe.

3



Connecting to Activ8rlives App by Bluetooth 4.0

Ensure that **Bluetooth 4.0 is switched on** your Smartphone or Tablet . After Login launch the **Activ8rlives** App.

Pressing this icon on each screen will take you to the menu.

Select **Upload Devices** from the menu list.

If you are connecting your *BuddyBand* for the first time, press **Setup Bluetooth** and follow the instructions on the App. Press the **BUTTON** on your *BuddyBand* so that it can be seen by the App.

For subsequent times select **Upload Devices** from the menu and follow the instructions on the App after pressing the **BUTTON** on your *BuddyBand* so that it can connect with your Smartphone.

Once your Smartphone or Tablet has found your *BuddyBand* (by pressing the **BUTTON**), it will start reading the device and will let you know when the Upload is finished with the green tick icon. You will also feel a single buzz on your *BuddyBand* to indicate the upload has finished.

Return to the menu by touching the icon in the top left-hand corner.

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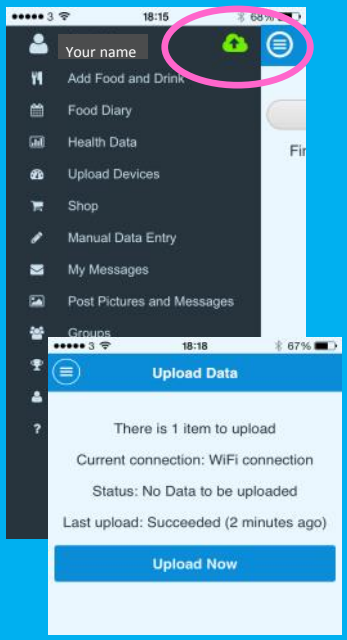


Sending Your Data to the Cloud

If your Smartphone of Tablet is connected to the internet by WiFi, your data will upload to your online **Activ8rlives** account automatically.

If you are connected by the cellular network, you have the choice whether to upload now or later, perhaps when you are connected by WiFi.

When on a cellular network, notice the Cloud symbol is now alternating **GREEN** and **RED**, indicating that there is data to Upload.

Touch the Cloud and you will be asked whether you want to upload, touch the **Upload Now** button. You will know that the upload has been successful when the Cloud returns to a grey static colour.

With the data stored in the Cloud, this means that you can view your data (from today, yesterday, a week, a month or years ago) at any tie via the Smartphone App or via the main **Activ8rlives** website www.activ8rlives.com. Use the same Username and Password that you used for your App to Login to your account on the main website in any browser. The website has a lot more features than can be incorporated into the App.

Note: If the **Activ8rlives** App freezes or hangs (you may feel the *BuddyBand* buzz once), this is caused when the internet connected of your Smartphone or Tablet is lost, or pairing with the *BuddyBand* is disrupted. Please exit the App and reconnect the Smartphone to the internet, then press the **BUTTON** to reconnect the *BuddyBand*, and open the App on your Smartphone. The *BuddyBand* will connect and pair with device automatically.

2

Set-up for Windows or OSX Computers via USB connection

2

Getting your computer up-to-date…..

The **Activ8rlives** Service Link is designed to run on Windows XP, Windows Vista, Windows 7 and 8 and Apple's Leopard, Snow Leopard, Lion and later versions of its OSX.

It is strongly recommended that before you install the **Activ8rlives** Service Link that you bring your computer's operating system **fully up-to-date** with the latest version of its operating system. You will need an internet connection throughout.

PCs running Microsoft's Windows: If you have not already done so, go to the **START** menu and navigate to **Windows UPDATE**. From there, and depending on the version of the Windows operating system, you can install all of the updates required to make your system current.

This is good practice for all Windows PC users and will make the installation and operation of the Service Link a great deal easier for you if a little time is spent doing this before proceeding.

A special note for Windows XP users. We all loved XP—it was stable and simple—but it has now been left behind by the developers at Microsoft and you may need to upgrade your operating system:

- If you are running XP, it must be updated to at least **Service Pack 2**. This free upgrade can be found on the Microsoft support pages. With Windows XP, go to your Start Button (bottom left) and to WINDOWS UPDATE to automatically update your system.

Once you have got your Windows PC up-to-date, we can get started. Worth spending the time doing this though—as it is good practice and keeps your PC in good working order.

2

Creating a FREE Activ8rlives Account using your PC

You can use the great online facility we have created to help you work in groups, to increase your motivation and to help you achieve your goals.

Joining is FREE FOR LIFE.

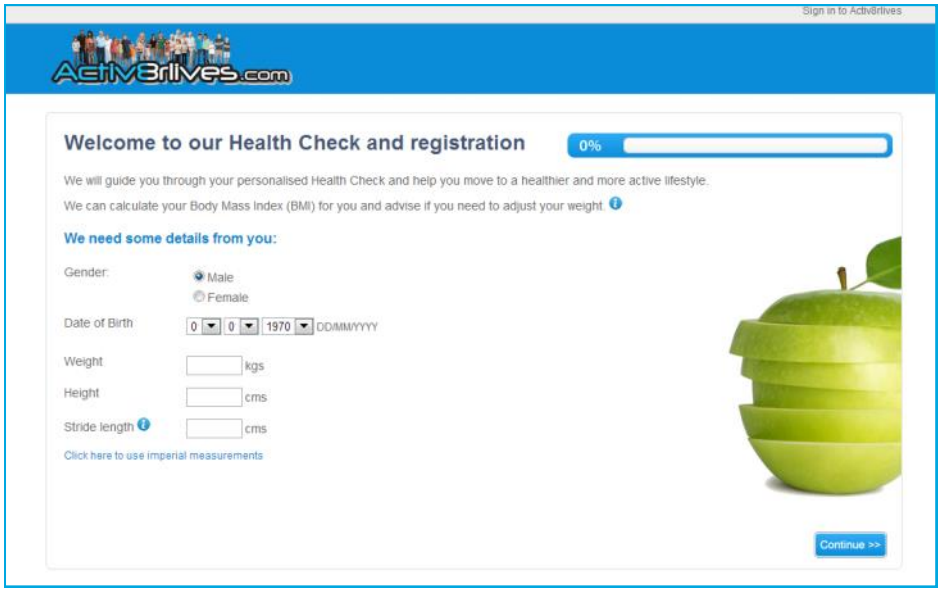
Go to www.activ8rlives.com

To create your FREE **Activ8rlives** account, go to our website: **www.activ8rlives.com** and select the **FREE Wellness Check and Registration** button which appears on the homepage. If you already have an account, select **Login** from the top menu bar to open your account.

FREE Wellness Check and Registration

When you choose the **FREE Wellness Check and Registration** link, you will be presented with a series of screens that will take you through the registration process and will also give you valuable information about your health status.

2



Some basic details are needed for the calculations used for your Body Mass Index, the calories you use and the distances you walk.

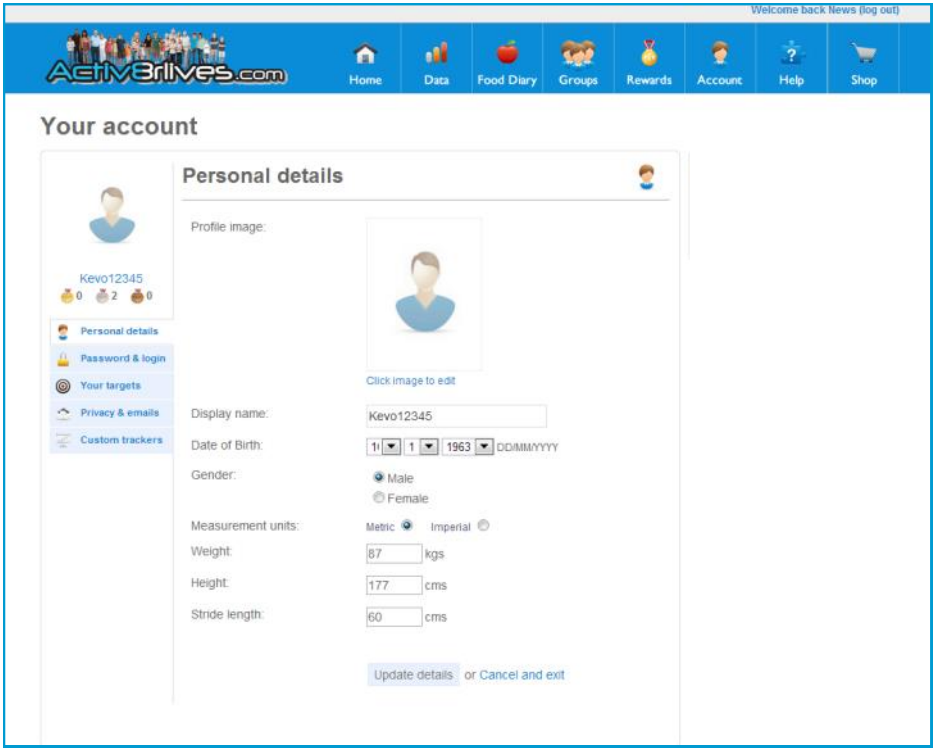
You can create your own target values for steps and weight to. **Activ8rlives** will help you to understand whether your activity levels and weight are in the "healthy" zones. Simply follow along as the software guides you.

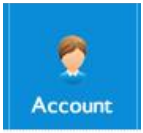
Stride length: a simple way to calculate your stride length is presented on page 37. A default of 60cm (24 inches) is a pretty good setting for most average sized adults. See page 37 for more details on measuring your stride length.

If you also track your lung and heart health, there is a screen in which you can enter these details. You can skip these sections if you do not track your heart rate, oxygen saturation, Peak Flow or Forced Expiratory Volume at 1 second (FEV_1).

Contact **Activ8rlives** for more information if this is of interest to you or your family.

2



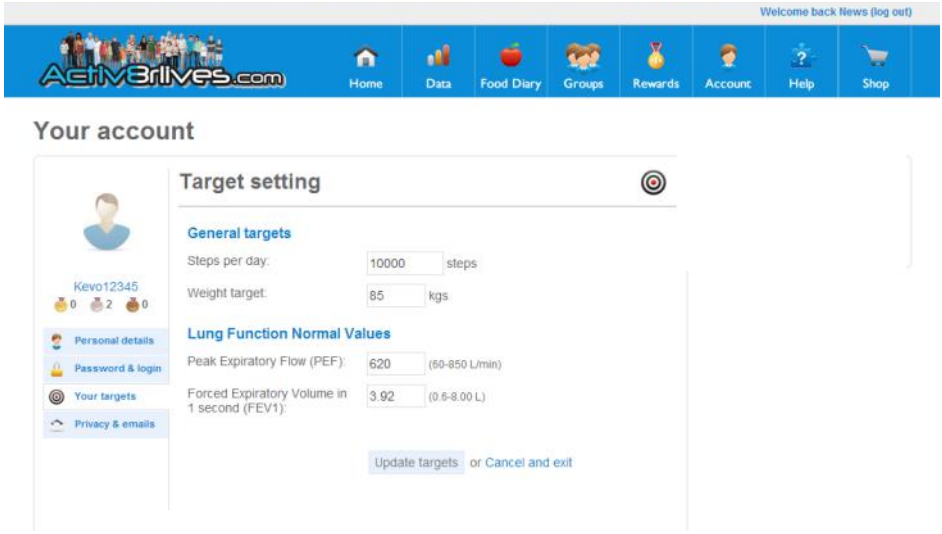


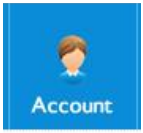
Your Account

Once you have worked through the Registration process on the website, you can review and edit your details and parameters used to programme the *BuddyBand* in your **Activ8rlives** ACCOUNT section.

You can also upload an image to represent yourself so that your friends know who you are when you post messages.

2





Your Targets

You can change your targets for steps, weight and lung function in the YOUR TARGETs tab.

Make your targets achievable and realistic for your current level of fitness. These individual targets can easily be changed should you find that you have set your goals too low. We also suggest making small changes to your lifestyle habits and building up to more challenging targets as your level of fitness changes with time.

3

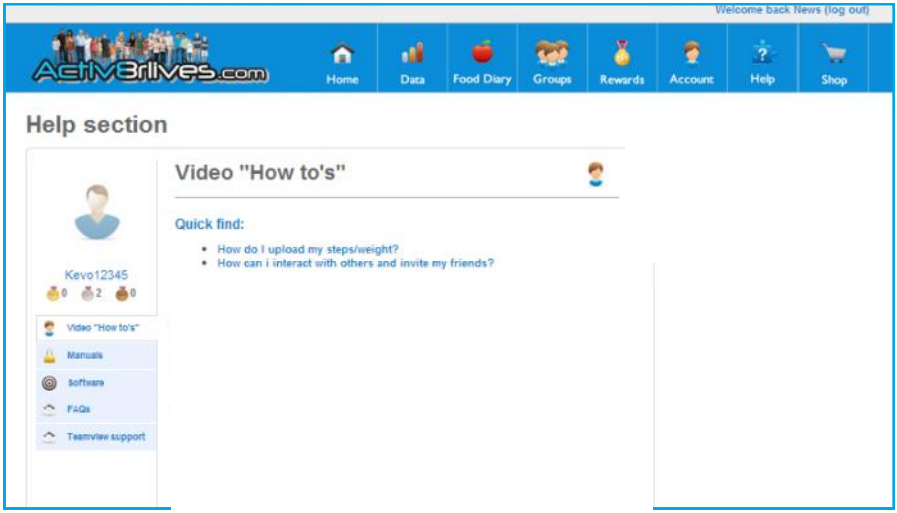
Downloading Service Link via Internet to your PC

The Service Link is a small software programme, which we use to upload and download information to and from devices.

After you have logged into your **Activ8rlives** account, go to the **HELP** link at the top of each page **www.activ8rlives.com/help**

There you will find a page with the latest version of our Instruction booklets, the latest versions of the Service Link software and details about where to contact us for support and help.

If you find the installation process difficult, do call us during office hours (9am—6pm) on UK +44(0)1480 352 821 and we can help you over the telephone and by logging into your computer using TeamViewer.

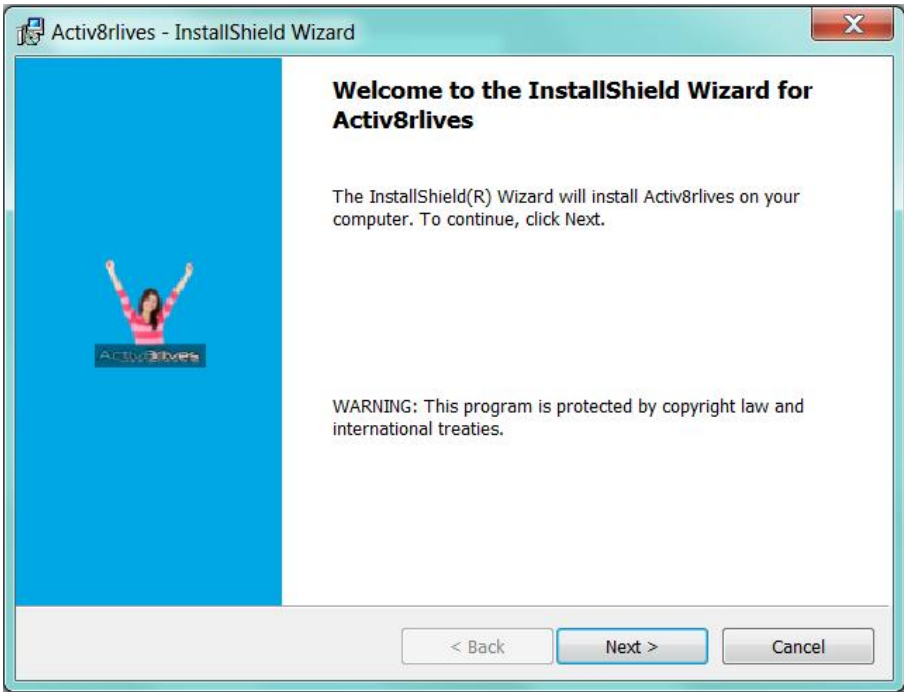


3

Note: Do make sure that your computer is up-to-date with all its operating updates, either Windows or OSX before you start the process to install the Service Link Software (see page 17 to see more details).

To install the Service Link Software, click on the link for the Service Link. This will initiate the installation process. Depending on the antivirus protection software you have, our software may trigger various messages and warning about installing software.

Please go ahead and install the software—it has no viruses and there is no malware embedded within it. Click Next to proceed with the installation.

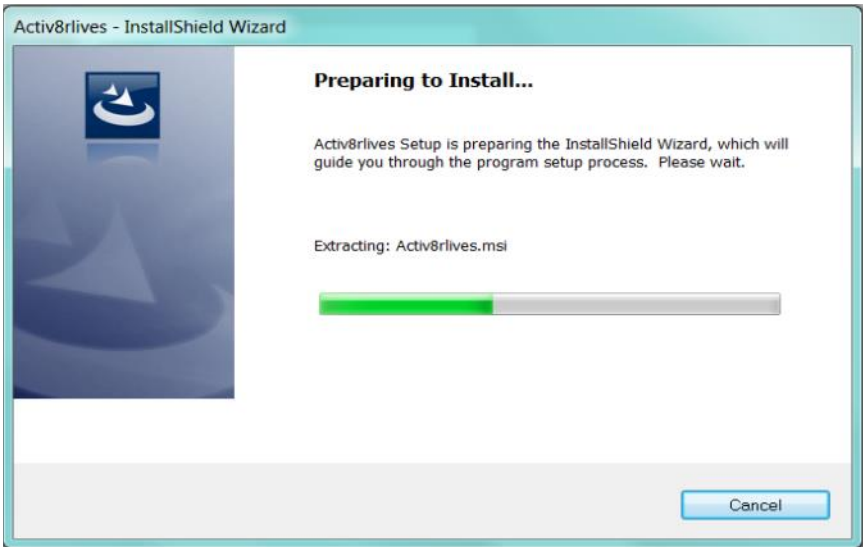


3

Downloading Service Link to your PC continued

Once the installation process has been started, the software will automatically install all of the services you need to run it and to download data from any of our devices: the *Buddy Step Counter* USB, *BuddyBand*, *Pulse Oximeter, Peak flow meter* as well as the *Body Anal*yser USB. Just work through the installation Wizard and the software will do everything for you.

It make take a few minutes. Please be patient - allow the auto-installation process to work. At times it may seem as if nothing is happening but watch for the processor light on your computer to see that the software is busy being installed.



This Service Link Software icon will sit on the desktop of your PC and when you want to upload your data from your *BuddyBand* you will need to double click to open the software programme.

3

Downloading the Service Link

For Windows Vista

Windows Vista has its own set of oddities, which were removed when Microsoft brought out its successors, Windows 7 and Windows 8. If you are still using Vista, there are some changes which may have to be made to enable you to edit users.

1. First, go to the Start Menu and select Control Panel.
2. Next, chose to see the options in the “Classic View.”
3. Open the page called Users.
4. There is an option which is generally checked (selected) called “Turn User Account Control on or off.”
5. This takes you to another window, where you simply untick the checkbox to disable UAC.

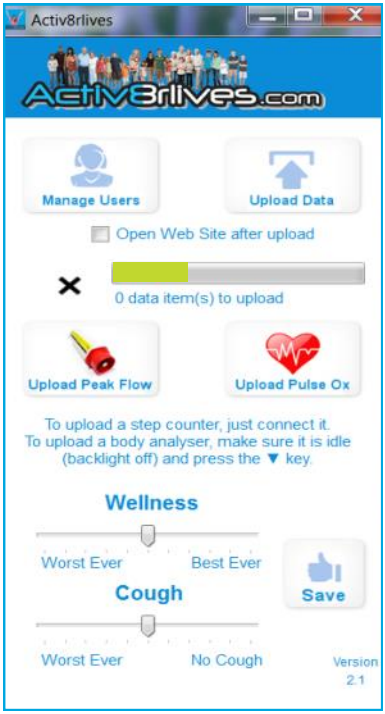
ONCE COMPLETED, REBOOT YOUR WINDOWS or APPLE PC FOR THESE CHANGES TO TAKE EFFECT.

3

Using the Service Link on your Computer

Remove the USB module from the *BuddyBand* wristband so that you can connect the *BuddyBand* to your Windows or Apple PC via the USB port. Open the Service Link software that can be located on the desktop of your computer.

The *BuddyBand* will automatically make a connection with your PC.



Your PC may display a message indicating that it is looking for drivers, which it will automatically install. Be patient if your computer is old and a bit slow. On older PCs, this may require a second attempt.

Once the drivers have been installed, then the Service Link software programmes your *BuddyBand* with the current time, and your personal data such as your weight, stride length and even your preference for metric or imperial units. This all takes place in seconds.

We recommend uploading your data at regular intervals throughout the week to prevent loss of data due to damage of your *BuddyBand* or in case you lose it.

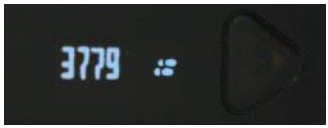
That's it. All you have to do from now on is plug the USB device into your PC with the Service Link open (an internet connection is required) to upload your data to your account on **Activ8rlives**.

BuddyBand Display: Today's Mode

4

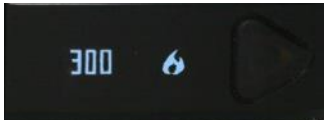
Today's Mode on your **Activ8rlives** *BuddyBand* **DISPLAY.** Press **BUTTON** for Time, Battery and Alarm Indicator.

5



Steps on your **Activ8rlives** *BuddyBand* **DISPLAY** shows today's steps. Auto zeros at midnight (your time zone).

6



Calories on your **Activ8rlives** *BuddyBand* **DISPLAY** shows today's calories used (based on steps and your weight). Auto zeros at midnight (your time zone).

7

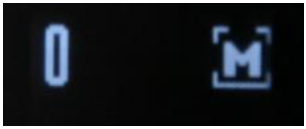
Activity intensity on your **Activ8rlives** *BuddyBand* **DISPLAY** shows level of impact of activity. Double press **BUTTON** quickly for on/off.

Red: Low impact **Green**: Medium impact **Blue**: High impact

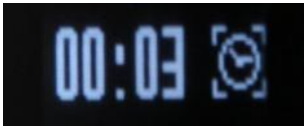
BuddyBand Display: Session Mode

8

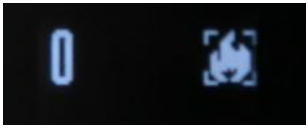
Session Mode on your **Activ8rlives** *BuddyBand* **DISPLAY**. This will allow you to see your steps, distance, calories, duration during a single activity session. To activate this mode hold down the **BUTTON** until it zeros. This mode does not reset your Today's count. Notice that the parameter icons have a square box around them now. To return to today's totals again hold down the **BUTTON** until it returns to Today's Mode.



Distance in Session Mode.



Duration of Session Mode.



Calories burnt in Session Mode.

BuddyBand Display: Hibernate Mode

Hibernate Mode stops the *BuddyBand* from counting. By holding down the **BUTTON** it will return to the Today's Mode and start counting again.

What can your *BuddyBand* do?

Activity

Attach your **Activ8rlives** *BuddyBand* to your wrist with the adjustable wrist strap. It is intended that you wear your *BuddyBand* on your wrist and allow your arms to move freely. It is also recommended that you wear the *BuddyBand* for the day and night to detect all activity and sleep.

The **Activ8rlives** *BuddyBand* has a 3-axis accelerometer and a microprocessor, which measures how you move (accelerate) in three dimensions and it uses this information to calculate the number of steps you take. You will notice that the **DISPLAY** does not always update as you move and may even go blank. It has a sleep mode to make the battery last longer but will wake up and update from time-to-time or if you continue moving or press the **BUTTON**.

The **BUTTON LED** remains turned on for 24 hours by default. Double press the **BUTTON** on the top of the *BuddyBand* to turn it on or off.

It also displays the intensity of your activity on the **BUTTON** LED. When you undertake:

Low impact activity (less than 60 steps per minute) - LED flickers **RED**;
Medium impact activity (60-120 steps per minute) - LED flickers **GREEN**;
High impact activity (more than 120 steps per minute) - LED flickers **BLUE**.
Your *BuddyBand* will buzz 3 times on your wrist and the LED flickers **BLUE** as you reach 10,000 steps for the day.

Distance

An approximate distance value is calculated for you based on your steps and your average stride length. This is useful for estimating how far you walk at work or at school, for example. This is useful as part of a rehabilitation programme.

What can your *BuddyBand* do?

Calories

Calories burnt are calculated based on your stride length and your weight. The values are approximate but it gives you a useful indication of how much effort it takes to burn off the food you have eaten. You will be able to measure how much physical effort it takes to burn off even 200—300Kcal—talk about an incentive to reduce your intake of **junk** calories.

9

Alerts

Your Activ8rllives BuddyBand is programmed to give 3 short buzzes when you reach 10,000 steps.
It will also buzz once if you move out of Bluetooth range of your Smartphone or Tablet.

10

Interchangeable Wristbands

Your BuddyBand comes with 3 interchangeable wristbands - black, blue and pink. Enjoy being able to easily change these to suit your mood or outfit!

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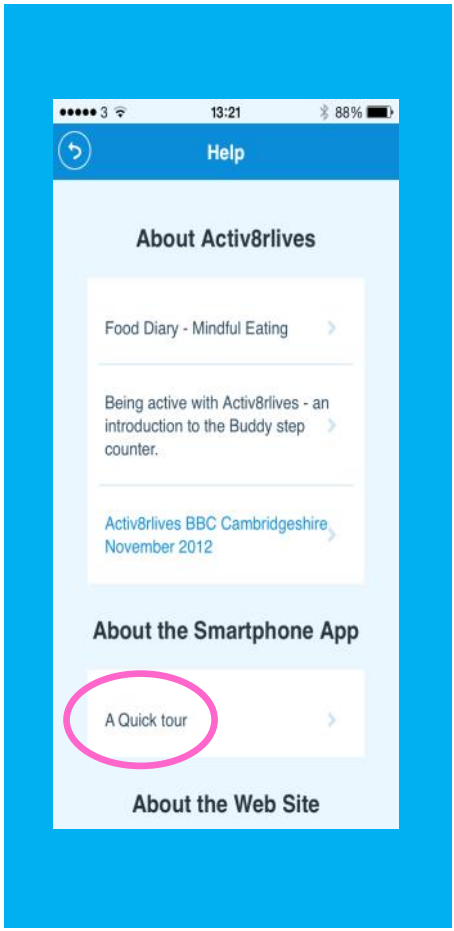

Quick Tour

A Quick Tour showing what the **Activ8rlives** Smartphone App can do is available from the App menu on the Smartphone App under the **Help** section.

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Health and Safety Notices

Yes, the boring bits, but please read this first to make sure that you do not do anything to injure yourself or other people with this device.

WARNINGS: The *BuddyBand* wristband may not be suitable for people with skin sensitivities to synthetic materials.

The Activ8rlives *BuddyBand* is **NOT waterproof.** Do not place it in water or take it swimming or leave it in the pockets of your clothing when you wash them. Tampering with the cover of your *BuddyBand* will invalidate your warranty.

Please seek medical advice before undertaking strenuous activity or weight loss programmes.

- This device is not a toy. Only recommended for children over 7 years of age.
- Use a soft, microfibre cloth for cleaning. Do not use harsh or abrasive cleaning products as these will cause damage to your *BuddyBand*. Do not allow sharp objects to scratch the LED display as this may damage it.
- Do not allow your *BuddyBand* to be subjected to excessive forces, shocks, dust, temperature changes or humidity. Do not expose your *BuddyBand* to direct sunlight for long periods of time. Harsh physical treatment may stop your *BuddyBand* working properly or at all.
- The *BuddyBand* is splash resistant, so you can wear it when you wash your hands but do not wear it when showering or swimming. Do not immerse in water.
- Do not place your *BuddyBand* into a dishwasher, washing machine or dryer and do not use your *BuddyBand* in a sauna or steam room.
- Do not attempt to open the device. Substances contained within this product and/or its battery may damage the environment and/or human health if handled and disposed of improperly. Do not tamper with the internal components. If you do, you will invalidate your warranty and may cause irreparable damage. Other than the recharging of the integral battery via the USB connection, there are no user serviceable parts.
- When disposing of this product, ensure that it is collected separately for special treatment and not as normal household waste.
- The measurement functions built into the *BuddyBand* are not meant to substitute professional measurement or medical precision devices. Values produced by the unit should be considered as reasonable representations only.
- The technical specifications for this product and the contents of the user manual are subject to change without notice.

Contact us via **www.activ8rlives.com** **or T: +44 (0) 1480 352 821** if your *BuddyBand* does not work properly.

Calculating Your Stride Length

Your **Activ8rlives** account has some great things you can do with your data from the **Activ8rlives** *BuddyBand*. This makes it fun to use - especially if you are part of a group or team. We all tend to do the things we like doing. So having fun is part of the motivation for changing our lifestyles. Having fun, creating new challenges and goals, while being more active, also means that we enjoy our new healthy lives.

The *BuddyBand* has a couple of great features, which we use to have fun: it automatically calculates the distance we walk, the intensity of activity and the calories we use during the day. For the *BuddyBand* to work these out for us, we need to enter our weight (kg or lbs) and our stride length (cm or inches).

If you have never calculated your stride length before, here is how we do it.

Find a space in which you can measure 10m. This could be anywhere—indoors or outdoors—any place that you can walk without having to stop.

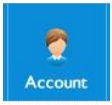
Make sure that you mark the beginning and end of the distance.

Then just walk along this distance. Try to use a normal stride and speed. Count the number of steps you take.

Now the mathematics. Divide 1,000cm (10m expressed as cm) by the number of steps you made.

For example, if you took 16 steps, your stride length is 1,000 ÷ 16 = 62.5cm. (Most of us use a calculator to do this).

This is the value you enter into the *BuddyBand* (via your online **Activ8rlives ACCOUNT**).



Quick Guide to your Activ8rlives Website Home page

The **Activ8rlives** Food Diary and Health App is just the start of the self-monitoring experience. This is so much more to explore online at **www.activ8rlives**.

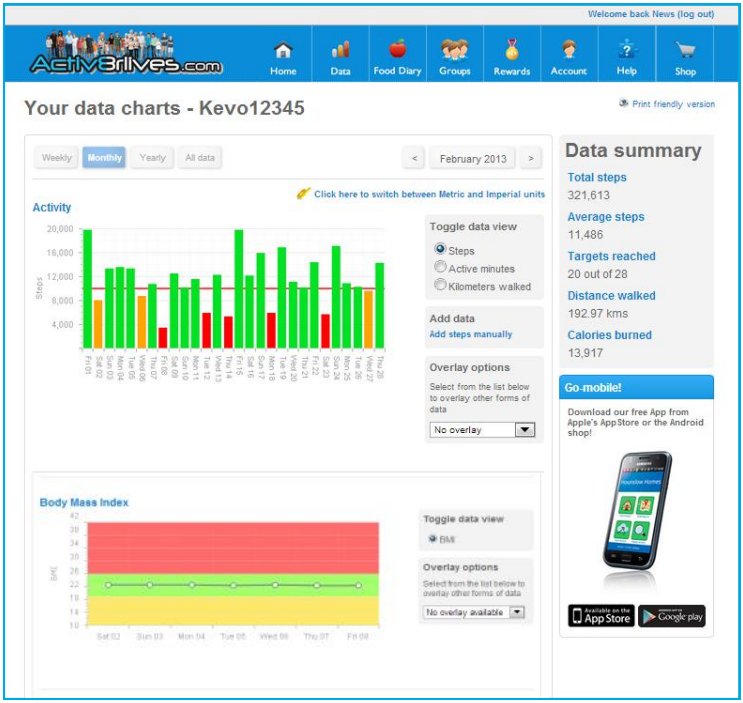
Our website has a secure **Login**—you use the same **Username** and **Password** that you use on the App. All of your data is stored there. You can create walking adventures, join groups and see your data in powerful new ways. The Food Diary page on the website is an eye opener for many. In this Instruction Manual, we won't explain everything—half the fun is learning what the site can do for you, but we will cover the basic set-up to get you started. The site has 7 major sections:

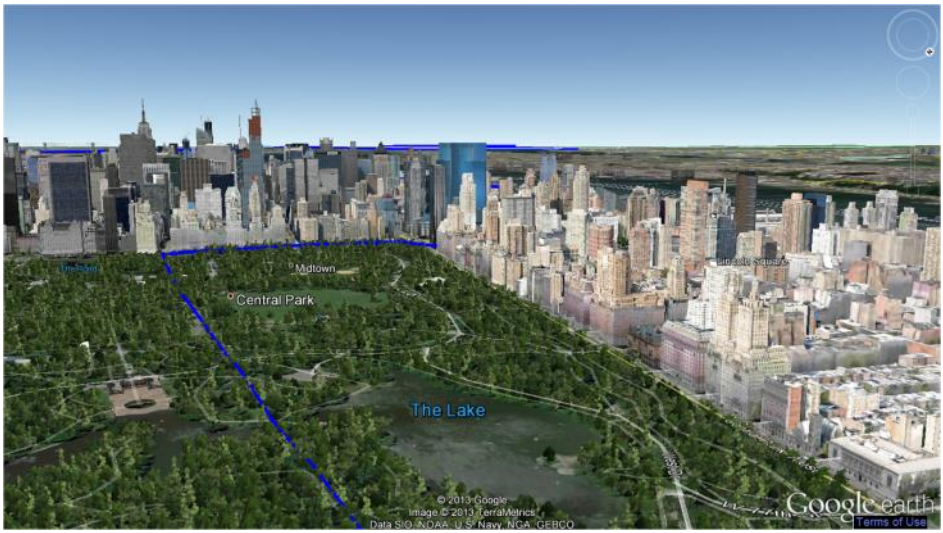
1. **HOME**—where you can see at a glance what is going on.
2. **DATA** —this is information about your activity and health (KPIs), which only you can see. It's where you set-up your personal details and add/remove devices.
3. **FOOD DIARY**— powerful tool to track your food and drink intake, to help you manage your weight. Works with our FREE **Activ8rlives** Smartphone App.
4. **GROUPS** — this is where you can find, join and create groups and chat to your friends.
5. **REWARDS** —where you can see how many points and medals you have earned and where you can donate points to the groups you are a member of.
6. **ACCOUNT**—how to change your details, passwords, targets and a place to create custom trackers.
7. **HELP**—video instructions, Service Link and App software downloads.

Data

DATA is the page in which you can see your Key Performance Indicators (trackers —all the information about your activity, weight or body composition, BMI, lung and cardiovascular data, sometimes we call these your health parameters).

At the top of the page, you can view either the steps you have taken, the minutes of activity you have logged, the intensity of that activity and the distance you have travelled. Further down the page are the data from the **Activ8rlives** *Buddy Step Counter*, *Body Analyser* USB and Bluetooth, *Peak Flow meter* and *Pulse oximeter,* which ONLY appears once you have uploaded your data from these devices if you have these.





A Walk in the Park

Google Earth™ is built into **Activ8rlives**. This tool can be used by group Administrators to design a route for the group to walk along. Steps from each group member are combined and progress can be tracked using the stunning imagery available.

Join a Group or Start your own!

We work best in groups. This motivates and provides support for this function. Can be used for: family, friends or Corporate teams, for charity events, personal health training or fundraising.

Personal Activity Medals are earned for achieving targets. Donation points are also earned for physical activity and for self-monitoring. These Donation points can be awarded to the groups you are a member of: a way of saying "Great Job!" to group members. The more in your group, the more points your group will receive and the higher it moves up in the ranking.

Some of our best performing groups

Walk around the World
This is a group supported by **Activ8rlives**
We are walking around the World together *in silico* using Google Earth™. The aim is to work together and support each other to be more active. While we do this, we want to have some fun too.

Activ8rlives A8 group: Demonstration group and support
This is a demonstration and support group for people who are new to **Activ8rlives.com.** The purpose is to help get you orientated, supported and up-and-running. Once you get how the site works, you can unjoin (if you want to) and create your own groups. This is a public group and open to all **Activ8rlives** users.

Specifications

Type	Description
Dimension (L x W X H)	69.1mm x 15.8mm x 11.2mm
Weight	18g (including battery)
Step count	0—99,999 steps
Distance travelled	0—99,999 (km or miles)
Calories used	0—99,999
Stride distance input range	10—150cm
Age input range	6—80+ years
Body weight input range	10—150kg
Units	Metric or Imperial
Operating temperature	0—45°C
Storage temperature6	0—60°C
Maximum Operating Altitude	30,000 feet or 9,144m
Splash Resistant	Sweat and rain proof
Battery	40mAh Lithium integrated battery
Battery life	3 days dependant on activity intensity.
Battery Charging	Via USB 15 minutes
Memory	7 days of memory but recommended to sync your data regularly either via Bluetooth 4.0 or USB connection.

Warranty

Activ8rlives (Aseptika Ltd) guarantees this product for one (1) year after the date of purchase. The guarantee does not cover the battery, packaging and damages of any kind due to misuse, such as: dropping or physical misuse caused by the user or water damage. Claimed products will be replaced when returned marked as **DAMAGED** together with the original proof -of-purchase. For any general enquiries or technical questions concerning the product or questions about the warranty, please contact **Activ8rlives** —details are on the back of this instruction manual.

EU-Declaration of Conformity

Activ8rlives declares that the **Activ8rlives** *BuddyBand* is in compliance with EMC directive 2004/108/EC.

This symbol indicates that this product should not be disposed of with other household wastes in the EU. Please recycle responsibly. To dispose of your used device, please use the retailer's return and collection systems or contact the retailer you purchased this product from, who will advise on correct disposal.

Body Composition Health

The **Activ8rlives** *Body Analyser* Bluetooth 4.0 determines your weight and your visceral fat index. In addition to calculating your Body Mass Index (BMI), it will also calculate your percentage of muscle and fat, so that you can see whether your exercise or weight loss programme is removing fat (good) or losing muscle (bad), allowing you to monitor and adjust your regime.

The *Body Analyser* Bluetooth 4.0 uploads your stored data directly to your FREE **Activ8rlives** account via your Smartphone or Tablet with Bluetooth 4.0 enabled devices. Includes a FREE Smartphone App (iOS 7.1 or later, selected Android 4.3 devices or later), which also tracks your food intake via our image-based Food Diary. You can also use your FREE **Activ8rlives** App to track your lung and heart function, blood pressure, blood glucose, medication and any custom tracker you wish to record.

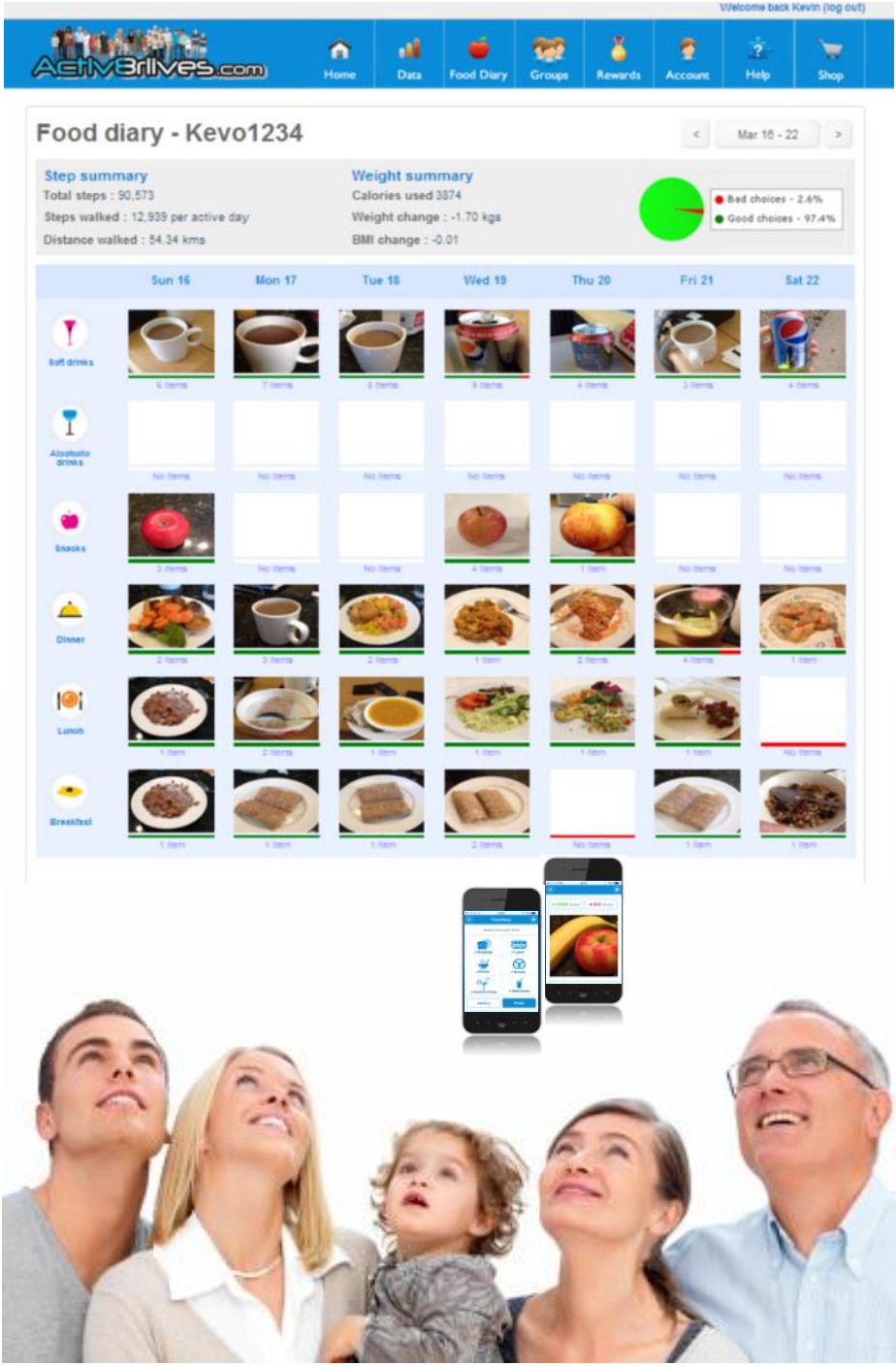
- Requires Bluetooth 4.0 Smartphone or Tablet to use and uploads data to your FREE account.
- Accurately measures: weight, BMI, Visceral fat, Body fat, Bone and Muscle Mass.
- FREE Smartphone App (iOS 7.1 or above and select Android devices running 4.3 or above).
- Fully comply with EU Privacy Laws.
- Simple – no programming of smart scales required.
- Learn from visualisation of weight, combined with activity and Food Diary.
- Work in groups for added motivation.

Blood Pressure

The **Activ8rlives** Blood Pressure Bluetooth 4.0 monitor is an easy-to-use device that can measure your blood pressure — especially useful if you suffer from previously diagnosed conditions, which result in high or low blood pressure. This device is intended for measuring the blood pressure on the upper arm for people with an upper arm circumference of 22 to 42 cm (about 9-17 inches). It is intended for use by adults only.

Automatically uploads information from your **Activ8rlives** Blood Pressure Bluetooth 4.0 monitor to your Smartphone or Tablet via FREE **Activ8rlives** App. Devices support are: iOS 7.1 and above (iPhones 4s or later or iPads 3 or later) and selected Android devices running 4.3 and above.

- Accurately measures Systolic and Diastolic blood pressure, and irregular heart beat.
- Upper arm measurement for accuracy, with adjustable cuff for 22-42cm circumference.
- Single integrated unit with wireless Bluetooth 4.0 set-up – no programming required.
- Automatically uploads to FREE Activ8rlives account via Smartphone App (iOS 7.1 or later & Android 4.3 or later).
- Easy to use, large LCD display and buttons for ease of use.
- Fully comply with EU Privacy Laws.


Welcome back Kevin (log out)
ActivBrIves.com
Home
Data
Food Diary
Groups
Rewards
Account
Help
Shop
Food diary - Kevo1234
Mar 16 - 22
Step summary
Total steps : 90,573
Steps walked : 12,939 per active day
Distance walked : 54.34 kms
Weight summary
Calories used 3874
Weight change : -1.70 kgs
BMI change : -0.01
Bad choices - 2.6%
Good choices - 97.4%
Sun 16
Mon 17
Tue 18
Wed 19
Thu 20
Fri 21
Sat 22
Soft drinks
Alcoholic drinks
Snacks
Dinner
Lunch
Breakfast

Eat well

Activ8rlives Food Diary

FREE Smartphone App

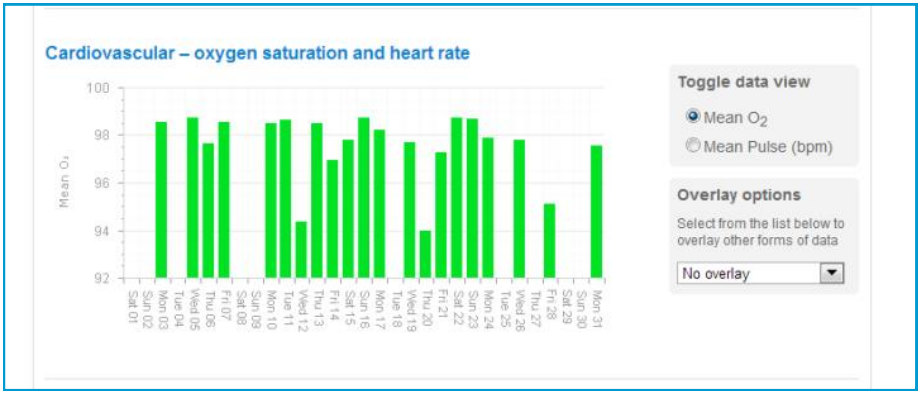
Take photos with your Smartphone or Tablet

Track your food and liquid intake using our photo-based Food Diary.

- Take photos of what you eat and drink with your Smartphone.
- Records photos in your **Activ8rlives** Smartphone Food Diary.
- SEE what you eat and drink every week.
- Syncs with your **Activ8rlives** cloud account.
- Score everything you consume as a **Good Choice** or a **Bad choice** for YOU!
- No calorie counting. No points.
- Record and track your daily activity levels and weight.
- LEARN how your weight changes when small changes are made to your diet and levels of exercise.
- Join online groups and form communities with friends and family.
- Chat with your group, provide support and receive encouragement.

Cardiovascular Health

Pulse Oximeter

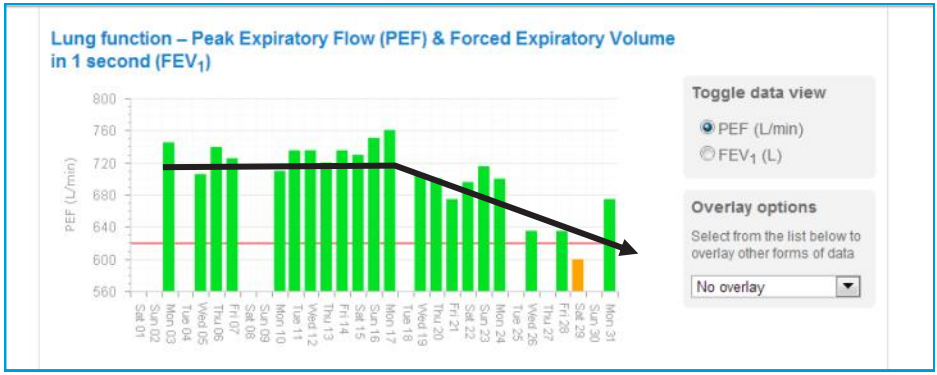


Pulse Oximeter

- Measures oxygen saturation.
- Calculates pulse.
- Built-in battery.
- Records directly to the PC Service Link software via USB connection to your **Activ8rlives** account.
- Fully comply with EU Privacy Laws.
- Calculates average value over a 2 minute period.

Lung Health

Peak Flow meter



Peak Flow meter measures Peak Expiratory Flow (PEF) and Forced Expiratory Volume at 1 second (FEV_1).

- Single button operation.
- Upload data directly to your FREE **Activ8rlives** account via USB using dedicated base station supplied.
- Fully comply with EU Privacy Laws.
- Downloads your target PEF and FEV_1 values to the device, with performance indication.
- Takes best of three readings.
- Allows timeline evaluations (before and after treatments etc).
- Unit is washable with a sealed battery (two year life).

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This instruction manual is available FREE for download at **http://data.activ8rlives.com/help/manuals.aspx** after **Login** and can be found in the **Help** section.

It can also be purchased via our online Store **http://activ8rlives.hostedbywebstore.co.uk/**

Make it fun — do it together!

We are more effective when we work in groups.

Be active, eat well and stay healthy.

Be active, eat well and stay healthy.

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